HYPNOTISE

THE SECRET METHODS TO HYPNOSIS

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Hypnotise: The Secret Methods to Hypnosis

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Introduction

Discovering the Life-Changing Power of Hypnosis

In this book, you are about to make a startling new discovery - one that will completely transform your life. The ancient techniques described in this book have been around for hundreds of years.

The truth is hypnosis is an ancient art. Ever since humans started dancing around fires, they have been searching for ways to alter their reality and take control of their lives. There are records that date as far back as the ancient Egyptians who used a form of hypnosis in something called sleep temples.

The Greeks used something similar in oracle temples so hypnosis is not a new discovery. The mind and the body are inextricably linked and this technique has played an active role in helping people manifest change since the beginning of time.

New healing modalities are being discovered every day, and with the advent of energy healing and other types of methods, the connection between the mind the body is becoming clearer ever day.

This discovery forms a powerful bridge that allows science and spirituality to come together, and you can use this discovery to completely transform your life.

The funny thing about hypnosis is the fact that you are already using it. What you may not realize is the fact that every time you turn on the television or get lost in thought, you are performing an act of self-hypnosis.

In order to completely transform your life, or someone else's for that matter, the only thing that needs to change is the information being programmed in.

It's really that simple. You have everything you need already inside you.

In this book, you will learn the age-old technique of hypnosis in an easy to understand manner. With the help of this book, you can use hypnosis to manifest anything you desire. With the help of this book, you will begin to realize that there is much more to hypnosis than meets the eye.

Hypnosis is a tool that can help you change people's lives by helping them change their mind. The only limitation anyone has is within their own mind.

Chapter 1

There is more to Hypnosis than Meets the Eye

Have you ever wondered if hypnosis was real? Many people do.

Franz Anton Mesmer was actually one of the first scientists to propose a rational basis behind the effects of hypnosis.

His ideas were based on his assumption that there were physical forces in the world that had a type of influence on the human body. He called this theory animal magnetism, and it was his idea that the planets affected human beings through some kind of invisible mysterious fluid, which may have been derived from magnets.

Mesmer was later ostracized for his crazy theory, but his work set the stage for more research in the future.

Doctor James Braid suggested that hypnosis was a form of sleep and he was the first person to use the phrase "hypnosis". Braid also suggested that the state of hypnosis could be induced by something as simple as staring at a fixed object. The eye-fixation method is still used today, and it is very effective.

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One of the most famous psychiatrists to utilize hypnosis was Milton Erickson, a 20th Century therapist. Erickson changed the way hypnosis was used by his usage of persuasive language patterns.

With advances in brain imaging and neurological science, hypnosis has come a long way in the last few years and it has gained some needed respect.

In light of all of this, you can safely say hypnosis is indeed real.

There are many different types of hypnosis and you may be familiar with a few of these, or all of these. Different forms of hypnosis include:

- Self-Hypnosis.
- Direct Suggestions or Autosuggestion.
- Indirect Suggestions.
- Ericksonian Hypnosis or Story Telling Using Metaphors.
- Embedded Commands.
- NLP - Neuro Linguistic Programming.
- Conversational Hypnosis.
- Subliminal Programming.

Many of these methods are similar since they all work to program the mind. Understanding these methods is the key to success because every hypnotic subject is unique. In other words, what works great on one person, may not work at all on someone else. The more of these methods you are aware of, the easier it

will be for you to fine-tune your program to someone's needs.

Self-Hypnosis

There really isn't much of a difference, when it comes to hypnosis and self-hypnosis. In self-hypnosis, the relaxation portion or the induction is self-induced, whereas, in hypnosis, one permits the hypnotist to bring about a state of relaxation.

The real truth is that no one can be hypnotised against his or her will, no matter what you might think. If someone chooses to relax and drift into hypnosis, they can and will be hypnotised. On the other hand, if someone decides they cannot be hypnotised, for whatever reason, then they will probably not be able to go into hypnosis, no matter how skilled the hypnotist is.

Your subconscious mind is powerful beyond all measure. It can make your life peaceful and joyful and prosperous, or it can make your life miserable.

Your subconscious mind is the miracle to getting everything you want out of life. It not only controls how your life unfolds day in and day out, it also controls your heartbeat and the circulation of blood in your body.

The subconscious mind never sleeps and never rests and it is always on. Many people spend their valuable time focused on their problems, which in turn creates more problems. With hypnosis, people can focus on the good and on those things they want to draw into their life, and working with the subconscious mind can help someone manifest change rather quickly.

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Self-hypnosis and other types of healing modalities like meditation or yoga use the power of the mind to make changes.

While many people are familiar with different ways in which they can improve their life, they may not often think of a tool like self-hypnosis in which to do so.

Direct Suggestions or Autosuggestion.

Direct suggestion, sometimes called autosuggestion is very popular. In this kind of hypnosis, the hypnotist gives the client direct suggestions while they are in a relaxed state of trance. These suggestions could be anything related to the client's needs or goals.

Direct suggestions are straightforward and simple, but they may not work for everyone. People who are overly critical or analytical may not "believe" direct suggestions, so you may need to be a little sneakier in how you approach them.

Indirect Suggestions.

Indirect suggestions are suggestions that are just that, indirect and hidden inside of a statement or a story. Indirect suggestions are a wonderful way to get past the conscious thinking mind because there is typically no conflict when it comes to believability.

Ericksonian Hypnosis

Ericksonian Hypnosis is hypnosis that stemmed from Milton Erickson. This type

of hypnosis uses stories or colorful metaphors to help people make changes. Erickson believed that using stories helped people heal, and he was quite famous for them. Stories are a great way to overcome resistance because they tend to be much more believable than something like direct suggestion.

Erickson was famous for his client-centered approach, where he utilized everything from the client's personal experiences when creating healing stories.

Embedded commands

Embedded commands are suggestions that are used within a story and they are used as a kind of a softening language. Embedded commands may be stated as a question using language like "I'm wondering if you will go into trance now or later?" Another example would be a statement like "You probably already know how easy it is to lose weight, don't you?"

Embedded commands help the hypnotist bypass the conscious mind, and they can very effective.

NLP - Neuro Linguistic Programming

Another type of programming used frequently is something called neuro-linguistic programming or NLP. NLP combines different aspects of behavioral psychology, hypnosis, common sense and even linguistics and modeling.

NLP is a method of influencing the behavior of the brain through language and other types of communication. NLP can help someone recode the way their brain

responds to stimuli or programming, helping them manifest better and new behaviors.

There are many distinct methods within NLP, including rapport, behavioral modeling, the Meta model, *etc*.

Conversational Hypnosis

Conversational Hypnosis, also known as Covert hypnosis isn't used as much as some of the more traditional methods. Covert hypnosis can be very effective when it comes to sales, and it does have a valid reason for its existence.

Subliminal Programming.

Subliminal Programming can be very effective as well. In subliminal programming, the suggestions are hidden and not heard by the conscious mind. The theory behind this type of programming is that the subconscious is aware and can hear the suggestions, even though, the conscious mind cannot.

Hypnosis Benefits

Whether or not you are a hypnotherapist or just curious about the magic and mystery of hypnosis, it's important to know about all the amazing benefits hypnosis can bring you.

Hypnosis is an amazing and incredible way to make changes in your life because

your thoughts create the world around you every minute of every day.

Our subconscious minds are in a sense “hypnotised” by marketing and advertising, television, the movies, radio, and even by the people around us. The subconscious mind is like a preprogrammed car on autopilot. The subconscious mind will take the familiar road whether you want to go there or not. It has no ability to steer itself in a new direction because it follows whatever is programmed into it over time. The subconscious mind doesn’t know the difference between reality and imagination, so it believes whatever it is you tell it!

The subconscious mind is like a giant sponge, absorbing everything around. Everything you have ever done in your life gets stored in your subconscious. What this means is you reap what you sow and you are what you think you are in every sense of the word!

In many aspects, we attract back into our lives, whatever it is we are putting out. That can be a scary thought for some of us. When it comes right down to it, our thoughts really do become things, so the next time something bad happens to you, maybe you should stop and think about what might have created it!

Many people use self-hypnosis to achieve goals and to promote healing. Guided Imagery, which is a form of trance, is used all of the time in the Health Care System to help patients visualize themselves healing, and self-hypnosis is very similar.

With hypnosis you can:

- Make changes must faster.
- Manage Stress Better.
- Stop Smoking.
- Lose Weight.
- Overcome Addictions.
- Be More Successful.
- Heal Your Body.
- Improve Your Life.
- Think More Positively.
- Embrace Change.
- Supercharge Confidence.
- Be More Prosperous.

Those who engage in a regular hypnosis program you can better manage stress and anxiety and live a healthier life. Hypnosis helps you do everything better, and that's really the beauty of it. Hypnosis is by far one of the easiest ways there is to make changes.

Hypnosis is a very gentle process, and one that is extremely effective and very relaxing and using hypnosis, you can literally train your mind to focus on whatever it is you want to create.

Brainwave Frequencies

The mind actually goes in and out of different brainwave states on a regular basis. The Alpha brainwave state is the state most often accessed during hypnotic trance. The Beta brainwave state is the dominant state of mind most of us are in during the course of our day and the Beta brainwave state typically corresponds to a frequency level of about 12 to 40 Hz.

The Alpha brainwave state, on the other hand, which is the state of mind accessed during hypnosis, operates at about 8 to 12 Hz, which is a little slower than the Beta state. The Alpha brainwave state is often associated with a very relaxed state of mind. When we contemplate or problem solve, we are also accessing the Alpha brainwave state.

The Theta brainwave state is even slower than Alpha and it operates at around 4 to 8 Hz. Theta is a very deep state of relaxation, light sleep and even dreaming and it is the state of mind most often accessed during meditation and deep levels of hypnosis.

Research has proven thirty minutes a day of Theta meditation can dramatically improve health and well-being and even cause someone not to need as much sleep. The same thing can be said with deeper levels of hypnotic trance, so hypnosis can indeed be very beneficial to someone's health.

One of the deepest and slowest brainwave states is Delta and it occurs around 0 to 4 Hz. Delta brainwave states typically occur in very deep sleep, and this level of mind is not typically accessed during hypnosis.

Chapter-2

Demystifying Hypnosis

The following are some common questions and answers you might need to know more about no matter what kind of hypnosis you choose to practice.

Hypnosis is characterized by:

- A pleasantly relaxed posture.
- REM or rapid eye movement.
- A slowing down of the rational, thinking conscious mind.
- Inward focused concentration.
- Greater access into the subconscious or deeper mind via the imagination.
- A much greater receptivity to suggestion.

Is Hypnosis Dangerous?

One is never out of control and no one can be told to do something that goes against his or her morals or values. The hypnotist does not control anyone, in any way, shape or form. People will not reveal secrets either because they cannot be made to do or say anything they do not wish to do. In addition, if someone were to reveal something to a hypnotist, it would always be kept confidential the

were to reveal something to a hypnotist, it would always be kept confidential the same as if they were in a counseling or therapy session.

No one can hypnotise anyone against his or her will because all hypnosis is essentially self-hypnosis. Stage hypnotists select people with certain characteristics and people that are highly suggestible, and much of the trick lies in choosing the right kind of person.

Hypnosis Isn't Real

If someone does not believe in “hypnosis” or they do not believe they can be hypnotised, then they probably cannot be hypnotised because each of us must allow ourselves to go into trance. Hypnosis does not change anyone's personality or interfere with their mind in any way and hypnosis is in no way dangerous.

What Does it Feel like to be Hypnotised?

Hypnosis is not sleep, although the subject will most likely feel rested and refreshed after a session. Hypnosis is not dangerous because the mind is always in control. No one can get “stuck” in hypnosis either because their conscious mind would step back into play in the case of an emergency.

There is also no fear that someone would not awaken because the mind is very strong. Hypnosis is similar to sleep, but it is not sleep. It is also not unconsciousness. It is simply relaxed concentration. Someone may recall everything the hypnotist says during a session or they may drift in and out of consciousness awareness.

While some people feel like they have not actually been hypnotised, others feel as if they have woken from a deep sleep. It is not necessary to be in a deep level of trance in order to make changes because even light levels are extremely effective. If people can follow instructions and relax they can be hypnotised.

Cautions and Contra-indications

People that are not ideal candidates for hypnosis are people that might be under the influence of drugs or alcohol or people that have a learning disability or mental disorder. It is also recommended that those with epilepsy not be hypnotised as well because the state of hypnosis could elicit seizures (only for those who currently have epilepsy). In addition, hypnosis may not be suitable for those with a heart condition those with extremely high blood pressure or those that have psychosis or mental illness. In the case where one has a chronic health condition the hypnotherapist may seek approval from the client’s health care provider.

Is There Any Touching Involved?

Typically hypnosis does not involve touch unless the hypnotherapist specifically asks if they can touch someone during a session. For example, some hypnotherapists may touch a shoulder or arm to help bring about a relaxed state of mind, but they should always ask for permission. It's always a good idea to ask permission to touch, whenever it is appropriate. Permission to touch could be phrased like: "During this session, I may need to touch your hand, forearm,

elbow, shoulder or forehead, is that all right with you?"

The Hypnotic Contract

The hypnotic contract is also a good practice to get into. When you ask someone permission by saying something like: "Would you like to do hypnosis with me now?" you can be sure that they do in fact want to be hypnotised and are a willing participant.

How Long Will it Take to Get Hypnotised?

Hypnosis does not need to take a lot of time as well, and as a matter of fact the more someone experience hypnosis the faster and deeper they will go into hypnotic trance. It is not necessary to spend hours in a hypnosis session because even a short session can be extremely effective.

The mind may wander during a hypnosis session, but that is completely normal because just as it does in sleep, the mind will go in and out of different states of awareness.

Hypnosis is actually a state of very heightened awareness and focus and hypnosis gives one access into the subconscious mind, where changes are more easily made. Since the subconscious mind does not know the difference between reality and imagination, it believes whatever you tell it while in trance. While some people may notice changes immediately others find it may take a bit longer. Hypnosis allows you to overwrite old programming that no longer serves you, replacing it with new ideas and mindsets that reflect the kind of life you

want to be living. Although hypnosis is a highly suggestible state of mind that does not mean that you are more easily led to do anything you do not want to do.

Can Hypnotherapy Be Used in a Negative Way?

Hypnotherapy cannot be used in a negative way because you cannot be led to do anything you do not want to do. Since one has to allow themselves to be hypnotised, some may find that hypnosis does not work for them because they may enter into the process with disbelief.

Should Hypnosis be an Alternative for a Doctor Visit?

Hypnosis should NOT be used as a substitute for medical care. It's fine to use hypnosis along with your medical care. Hypnosis should be used in conjunction with what you are already doing and it is not recommended that you use hypnosis as a substitute for medical intervention or treatment. If you gave a chronic or ongoing medical condition, you should always check in with your doctor to ensure hypnosis is safe for you.

You should feel free to check in with your healthcare provider

How many sessions do I need?

There are no hard and fast rules on how many sessions one may need because everyone is different. You may notice changes right away or you may find you need several sessions to break through old habits and mindsets.

Suggestibility Tests

Suggestibility Tests

The extent to which someone is able to accept hypnotic suggestion varies, according to their state of mind. A hypnotic suggestibility test measures one's potential to enter into hypnotic trance. The more someone is able to experience the suggestions, the deeper they will go into trance. The truth of the matter is that everyone is suggestible; it's just that some people are more susceptible to suggestion than others. It is not necessary to be in a deep level of trance to experience change because even light levels are extremely beneficial.

A person's suggestibility can be rated high, medium or low. Approximately 80% of the population falls in the medium range with 10% falling in the high range and 10% falling in the low.

A person who was highly suggestible would be able to undergo hypnosis quite easily while one of lower suggestibility would be more resistant in submitting to hypnosis.

We all experience trance day in and day out, every time we get lost in thought, watch a great movie or read a good book. Hypnosis merely allows you to take advantage of this "suggestible" state of mind, helping you make changes in your life.

The greater the suggestibility that you experience, the greater the effect suggestions offered will have upon your perception of reality. In hypnosis, which is an altered state of consciousness, you can reach very high levels of

suggestibility.

In this altered state, suggestions can profoundly affect your perceptions helping you overcome challenging issues.

One popular suggestibility test is the balloon test.

The Balloon Test

Have your subject stand up facing you with their feet a comfortable distance apart. Instruct them to close their eyes and extend both of their arms out in front of you. Next ask them to make a fist with their right hand with their thumb pointing upwards. With their left hand, have them extend their fingers outward with their palm facing upwards. Now ask them to use their imagination and act as if they are holding a bunch of colorful helium balloons in their right hand while imagining a heavy book or stack of books in their left hand.

Instruct them to feel as if the helium balloons are pulling up their right hand, higher and higher as the gas rises and pulls their arms upwards. At the same time, they can imagine the heavy book weighing their left arm down as if it is a strain to do so. You can vary this in a number of ways, by telling them you are placing more and more heavy books in the left hand, as their right hand drifts up further and further. The further up their right hand drifts, the heavier their left hand feels. You could even mention the discomfort they feel, trying to hold all those heavy books in one hand.

For further effect, try telling them at the count of 3, you will then place 3 more

heavy books in their left hand, as you snap your fingers. You can the count from 1 to 3, and then snap your fingers, and have them open their eyes.

For the results of this test, you can make a note if their arms responded to what you said by moving up or down.

Depending on how much their arms move would constitute how much or how little non-analytical they are on a scale. If their arms moved only a small amount or not at all, then that would show that they are very analytical. If their arms moved a lot, that would indicate they are very suggestible.

Locking Elbow Test

This test must also be done with authoritatively. Have your subject stand facing you and say something like:

“I’d like you to place your right arm facing straight out with your fingers extended. On the count of three you will follow my instructions and use your imagination you will not be able to bend your arm at the elbow. . . 1 . . .

Now concentrate on you arm and act as if there is a steel rod from your shoulder all the way down to your fingers. Lock your elbows as if they will not bend, 2. This steel rod is very firm and straight, and it's like a solid piece of steel.

This steel rod is not even part of your body anymore and it is so firm, you cannot bend it . . . And 3 (say the numbers in a very forceful commanding tone)

Now go ahead and try, and notice how you cannot bend it, you cannot bend it …

and stop trying.”

The more authoritative you are, the better the suggestibility tests work.

Chapter-3

Simple Methods to Hypnotise Anyone

The golden rule

There is a golden rule in hypnosis. Follow this rule and you will always be successful. No matter what hypnotic technique you are using, this golden rule applies. You can call this rule the ABS formula.

- A stands for attention,
- B stands for bypassing that critical factor, and
- S stands for stimulating the unconscious mind.

Street hypnotists use this simple formula all the time and it is the secret to their success. Hypnosis is really only focused concentration, and when someone is in hypnosis, the conscious mind is bypassed. In essence, all you really need to do to hypnotise someone is to get past the conscious, thinking mind.

If you can learn how to execute this golden rule, you will be able to easily and effortlessly hypnotise anyone, anywhere. This rule works whether or not you are hypnotizing someone on the street or in an office. It may seem simple, but, in essence, that's the beauty of it.

There are some other secrets you need to know to as well, and you could think of these as the four keys to hypnosis.

Key Number 1 - Relaxation

The first key is relaxation. If someone isn't relaxed, they will not be able to drift into trance. The idea of relaxation is like a doorway into trance. You can certainly hypnotise someone as a stage hypnotist without relaxation, but it's a lot easier to hypnotise someone if they are relaxed and at ease.

Key Number 2 - Using the Imagination

Learning to use the imagination is probably one of the most important keys there is. Everyone knows how to use their imagination because most of us have been doing so since we were young children. Imagination is the language of the subconscious mind, and when the mind is relaxed and quiet, it does not know the difference between what is real and what is imagined.

This is one of the reasons why a process like hypnosis works so well.

Key Number 3 - Repetition

Repetition is a great tool for the subconscious mind. In order to absorb an idea, the mind needs to hear it again and again. Repeating positive suggestions or affirmations works well while in hypnotic trance. In other words, the more you hear something, the more you will remember it.

Key Number 4 - Keeping it Positive

Keeping it positive is an incredibly important rule because the mind focuses on whatever you tell it. If you tell someone while in trance, that they don't like candy, then all the mind hears is candy. A better approach would be to instruct someone that they love healthy nutritious foods, like fruits and vegetables.

The same thing can be said if you tell someone to not be stressed. All the mind hears is the word stress, which is obviously negative. Telling someone that they feel calm and relaxed is a much better approach.

The Hypnotic Pre-frame to Guarantee Success

The pre-frame is a great tool to use with new clients. It allows you to set up the induction in the person's mind, which gives them a much better chance of succeeding. To do the pre-frame, all you need to do is ask someone to "pretend" that they are going under hypnosis. It may seem silly, but it works.

Ask them to stand or sit as if a hypnotised person would stand or sit, breathe how a hypnotised person would breathe, and activate any characteristics that a hypnotised person would display. The goal is to allow them to get carried away in the process of acting as if they are really hypnotised.

The more someone pretends, the easier and more natural it will feel to be in a state of trance. If someone pretends something for long enough, it will become quite real in their mind. Eventually, they will forget they are pretending as they enjoy the process of pure relaxation.

A Step-By-Step Guide to Hypnotising Anyone

One of the first questions you might have is whether to use pre-written scripts or to write your own.

Pre-written scripts can help you immensely but only to a certain point. The best way to use pre-written scripts is to use them as a guide. Only you know exactly what your client needs. Interviewing your client and building rapport is one of the most important things you can do as part of any hypnotherapy practice.

While you may have a desire to "wing it" and just start talking, using a pre-written induction and deepener is probably going to be far easier than starting from scratch. If you use a script, you can always stray from it - but if you get tongue tied, a pre-written script is easy to fall back on.

Scripts can be written on any subject so there really is no limit to what you can do. There are some simple rules of thumb that need to be followed when writing scripts.

Script Writing Tips

- Always use the present tense.
- Always use positive affirmations and suggestions.
- Use clear and simple language
- Use imagery as much as possible.
- Use NLP Techniques.
- Use repetition.

- Focus on the state someone is trying to obtain, not the state they are coming from.
- Focus on the positive, not the negative.
- Use your imagination!

The first part of a script should focus on building rapport or what is known in hypnotherapy circles as pre-amble. This is the part of the script that provides the background or context for the work. If the script were based around overcoming obstacles, this portion of the script might offer some information about the obstacle one is trying to overcome or the reason they are trying to overcome it.

The next part of the script is the induction and this is where you are actually hypnotizing someone. This part of the script should be read in a smooth, melodic voice and it should be read very slowly in order to relax someone.

Your voice should have cadence and rhythm as well since you are trying to lull someone into hypnotic trance. The next part of the script focuses on deepening the trance, although this is not always necessary; this part of the script should also be read slowly and softly.

The real work begins next in the meat of the script, or the part of the script that focuses on the issue at hand. In this part of the script, you will be using hypnotic imagery or something like direct suggestions. You can also use metaphors or hypnotic stories.

Hypnosis scripts are kind of like writing a sales pitch in many aspects because it

also follows the rule of thumb of: tell them what you are going to tell them, tell them, and then tell them what you have just told them!

Remember, the subconscious mind is very simple, so you always want to be very clear about the message so repetition and persistence work well. After the main portion of the script, you would then focus on the future state, or the state someone is moving into by using hypnotherapy.

This is a good time to have someone imagine or picture his or her end result or goal a few months down the road.

Someone can do this by looking at themselves in a mirror, arriving at the winner's circle or even just sitting quietly picturing it in their mind. The point is to always take a moment during the script to help them envision the future state. Last but not least, you can then focus on reiterating the positive suggestions by having someone repeat them silently to themselves. It is always good to end by saying something like "these suggestions are now permanently embedded into your subconscious mind, where they will grow stronger and stronger over the next few days and weeks.

Finally, the coming up process is next, and this is where you gently but firmly tell someone you are going to count from 1 – 10 and then they will awaken.

Hypnotic sequence of events.

1. Build rapport.

2. Induction.
3. Deepener.
4. Hypnotic imagery, metaphor or relaxation work.
5. Future State.
6. Embed the suggestions.
7. Coming Up.

In looking at hypnosis scripts, one of the most important tools you have is your imagination! The subconscious does not know the difference between reality and imagination, so this is the time to get creative! If you're writing a script for a client, it's a good idea to find out what they like and use that to build your script.

In other words, ask them where their ideal place of relaxation is, and then take them there! If you're just writing scripts to provide a variety of subjects, then just use different kinds of relaxation environments to keep it interesting. You could take someone to the beach, to a Five Star Hotel, A Private Cabana, A Mountain Cabin, you could even take someone to Paris or take them hang-gliding, the point is you can take them anywhere because the mind has no limits.

Going back to the tips, it is important to always use the present tense, because you want someone to feel like they are actually there at that particular moment in time, not yesterday or sometime in the future.

Always use positive affirmations and suggestions, because the mind will focus on what whatever you tell it, even if it's negative. You would never want to say

“I don’t eat junk food anymore” because all the mind would focus on would be the word junk food! It would be better to say. “I love eating healthy meals now” because that is something positive.

Use clear and simple language because the subconscious mind is very childlike, and easily overwhelmed. Don’t try and use words and phrases that are too long or too complex, because the mind might just ignore them.

Be sure to use a lot of imagery and NLP techniques because this helps people picture things better. Use bright colors if you are trying to draw something to someone and black and white if you are trying to push something away. You can also turn the volume up or down or make something bigger or smaller. Once you get used to using these techniques, they will be easier to integrate into your sessions.

Repetition is probably one of the most important tools you can use as well because it helps get the point across the more you hear something. Always remember to focus on the state someone is trying to obtain, not the state they are coming from or trying to move away from. If someone is coming to you for a weight loss session, it would be better to say “You are now the perfect size and at your goal weight” than to say “You want to lose X amount of weight”. Always, always, always focus on the positive, not the negative and use your imagination!

Imagination is EVERYTHING!

This is not the place to play it safe by any means. This is the place to get crazy and wild. Anything goes in a hypnosis script because the mind can go anywhere it likes. Take someone up into the clouds or into the cosmos or take them on a trip into the past and explore an ancient ruin or pyramid. The point is to use your imagination. If someone were afraid of animals, say monkey's, you could take them to a stuffed animal zoo filled with giant playful animals. They could even sit on top of the monkey and pet it softly or even talk to the monkey and find out it is not so scary after all.

Deepeners

Hypnotic deepeners are simply words and phrases used to deepen someone's level of trance. There are many ways to do this - one of which is to simply repeat relaxing phrases like "you are now going deeper and deeper into this beautiful soothing relaxation or "every sound that you hear only causes you to go deeper and deeper into this calm state of relaxation".

You can also have someone go down a beautiful spiral staircase as you repeat relaxing phrases or you could even have someone watch a beautiful sunset as you count backward from 10 to 1. The point of a deepener is to keep the trance level headed in the right direction because you don't want someone coming back up again. Many times the induction will include deepening techniques, so you don't always have to add a deepener into the script.

Basic Four-Stage Hypnotic Protocol for Trance

1. Absorb Attention and Induce Trance
2. Bypass the Critical factor and Deepen the Trance
3. Activate an Unconscious Response
4. Lead the Unconscious to the Desired Outcome by Making Suggestions

Hypnotizing someone doesn't have to be complicated. When you examine the process as a simple four-step process, you can simplify it.

The first stage is all about absorbing someone's attention and inducing trance. You can do this in many ways, but the first place to start is by simply asking someone to close their eyes. For example, you could say:

"Would you like to do some hypnosis with me now?"

Assuming your subject says "yes" you can then ask them to close their eyes. You could also say:

"Close your eyes and go into hypnosis."

It's really that simple. From this point, it's imperative that you deepen the trance. Bypassing that critical factor is important because once you do that, you are free and clear and once you have someone's attention, and once you distract them, you can continue deepening the trance. Doing something physical like lifting their arm up and giving them some suggestions is an easy way.

You could say something like:

"Every time I pick up your hand and drop it like so, you will go deeper and deeper and deeper."

Every time you say the word "deeper" you would then lift up their hand and drop it gently.

Deeper and deeper then become cue words that signify that it's time to drop into a deeper level of trance.

You can elaborate on any of these steps, but you don't really have to. There is a misconception that you have to be in a very deep level of trance to make changes, but that's not really true.

The next step is all about stimulating the unconscious mind and activating an unconscious response. This is also known as the suggestion phase. What you say at this point obviously depends on what the issue is. If you were working on confidence, for example, you could either tell a story where someone can picture themselves feeling confident, or you could just offer some simple suggestions like: "You are smart and savvy and confident" or "You feel confident with everything you say and do."

You can also describe a relaxation environment and have someone picture themselves there. You can ask the subject during the initial interview, what kind of relaxing environment they desire, so you will know what kind of scene to describe.

The more vividly you paint the picture, the more someone can go there in their

The more vividly you paint the picture, the more someone can go there in their mind, so be sure to use your imagination. Repeating suggestions also reiterates the suggestions in someone's mind, so be sure to use repetition as much as possible. Everything done in this phase leads someone to that desired outcome.

When you are through, simply count someone back up and bring them out of trance.

Signs of Trance

There are many signs of trance, so be sure to look for these cues in your subjects:

- Tearing of the eyes.
- Rapid eye movement under the eyelids.
- Changes in skin color of the face.
- Changes in the rhythm of breathing.
- Slight jerks of hands, feet or legs.
- Swallowing movements slow down.
- Head drooping.
- Slumped shoulders.
- Glazed or flickering eyes.
- Involuntary micro-movements of the body or the lips.
- Lip licking.

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Chapter-4

Rapid Induction Techniques - How They Work

There are many forms of hypnotic inductions. Some of these are used in clinical practice while others are used as part of stage or street hypnosis. Each and every subject is unique, so it is always helpful to learn multiple techniques.

It is best to always be prepared for whatever arises, as you never know when you may need to try a different induction technique.

Many hypnotists still use the standard although “old-fashioned” hypnotic induction of progressive relaxation, because it works on almost everyone and it is extremely relaxing.

The only downfall is that the standard progressive relaxation induction, in which the hypnotist relaxes someone by using a soothing tone of voice or taking then down a long stairway, is often very time consuming. Learning some of the rapid induction techniques will be very helpful to have as part of your hypnotic induction arsenal.

Stage hypnotists are notorious for using rapid induction techniques and they can be very effective. One thing to be aware of though is that in stage hypnosis, clients are very carefully screened for optimum suggestibility, and that is an important fact to keep in mind. If someone was recruited that did not like the spotlight or was the type of person to question every command, they would not make a very good instant induction candidate.

Anyone who volunteers for a stage show probably loves the spotlight and loves being part of the entertainment atmosphere, but your individual clients may not always follow this protocol.

Rapid inductions may be more effective for hypnotherapy clients who have already been successfully hypnotised by you in the past – because they are often very good at getting themselves to rapidly drift into a trance like state.

Milton Erickson, known as the father of clinical hypnosis was known for his rather informal induction technique. He worked to establish rapport with clients using skillful language that would redirect their attention. Indirectly he would make therapeutic suggestions through symbols and metaphors. Using this kind of technique takes much skill and practice, so it is always wise to learn a multitude of techniques so that you can try them out as needed.

You might actually find it useful to combine techniques depending on your client’s needs. Having said all of this, it is NOT necessary for your clients to be in a deep state of trance in order to elicit change. That has been proven with

Milton Erickson’s informal technique. Although Erickson’s clients may not have felt like they were deep in trance, the fact of the matter is that his techniques, which are still emulated even today, work amazingly well.

Let’s examine some rapid inductions now.

Rapid Eye De-Focus Induction

Begin by instructing your client take a nice deep breath. Instruct the client to take a second deep breath – and then a third. On the third deep breath, ask your client to hold the breath for approximately three seconds - then instruct them to exhale and relax.

Now ask your client to focus their eyes on a spot on the wall or ceiling, straining their eyes just a bit. Focusing on the spot - with their head straight and their eyes on the wall in front of them, tell your client to continue straining their eyes so that their eyes are focused upwards with their head straight.

You may then count back from 20 to 1. The eyestrain alone will cause their eyes to water and blink. The moment they close their eyes, they will be in a light level of trance and you may continue to deepen from there.

Direct Gaze Induction

The direct gaze method is a very powerful technique but one of the most difficult to use because you have to perform it with a high level of confidence. If you have any doubts or hesitations, your client will notice.

With your client standing, simply say to them “Now I would like you to fix your eyes right here." Now take the index finger of your right hand and bring it up under your right eye; if they're seated, or lying down you may say exactly the same thing.

When you're looking your client in the eye, it is important to NOT blink.

Narrow your eyes slightly, just enough to keep your eyes from drying out. Time your counting in response to what you see is happening in your client’s eyes. If you do not see any response, simply stretch out your suggestions. The moment you see your client beginning to blink, pick up the speed and say "And now your eyes begin closing, closing …it feels so good to close your eyes."

Words spoken to client

Now I want you to look right here. Don't take your eyes away from mine. Don't move or speak or even nod your head or say anything unless I ask you to. I know that you hear and understand me quite well. If you follow my simple instructions, there is nothing that can keep you from entering into a very nice deep and pleasant state of trance, very quickly.

Now, take a nice deep breath in filling up your lungs. (You use this opportunity to take a deep breath and take your right hand moving it in an upward motion in the air). Now exhale. (Bring your hand down as they exhale) Very good. Now take a second and much deeper breath. (Bring your hand up again) Exhale. (Bring your hand down) Now just relax and take a third deep breath. (Bringing

(Bring your hand down) Now just relax and take a third deep breath. (Bringing hand up) Exhale. (Bringing hand down)

Now slowly raise your hand up over their head, about three feet in front of them, two feet above their head, pointing your finger) And now, I'm going to count from five down to one. As I do, your eyelids will grow very heavy, very droopy, very drowsy and sleepy. By the time I reach the count of one, they will close right down and you will go very deep in nice hypnotic trance. You will go very deep, deeper than ever.

Begin counting….. Five (Start moving your finger down) – Your eyelids are heavy, very droopy, drowsy and sleepy. Four (Moving your finger down) -- Those heavy lids feel ready to close. Three (Moving your finger down) -- The next time you blink you will know that you are entering into a nice state of trance. Two (Moving your finger down). Your eyes are beginning to close, closing, closing, closing, closing, closing, closing, closing them, close them, close them.

They're closing. Now place your right hand behind your client's head at the base of their skull. Grasp their left arm at the elbow and with a sudden pulling movement of the right hand, tell them to "sleep now".

Proceed with deepening techniques.

Rhythmic Eye Movement or Hypnotic Spinning Wheel Induction

This is a very simple induction that uses a hypnotic spinning wheel.

You may just allow your client to stare at the wheel as it is spinning…… counting backward as you go.

You can also have your client visualize a spinning wheel. Continue to deepen as you count backward with typical deepening language.

Now I would like you to imagine the color green - just concentrate on seeing nothing but the color green, like a beautiful field of grass in the spring. Erase everything else from your mind and allow you thoughts to just imagine that fresh green color as you listen to my voice. Now see the color green fading into a nice soothing yellow. This color yellow is so warm…….and mellow. You feel so relaxed so at ease. So warm.

Relaxed and glowing ... warm and relaxed. Now see this yellow melding into the color orange, like a beautiful sunset making you more and more serene and comfortable. You feel so relaxed, as you go deeper and deeper. See the colors spinning in your mind…like a wheel of color.

Now notice how the color orange becomes a beautiful deep red, as you go deeper and deeper. You feel so warm and relaxed as you go deeper and deeper, safer and calmer.

You may then do the arm jerk sleep command or continue deepening.

Pattern Breaking Induction

This is a classic technique that throws someone off guard. It can be used with a

handshake induction.

Get permission first to use the technique to induce trance.

Reach out to shake the person's hand.

Before your hand meets their hand, use your other hand to lightly grab them by their wrist.

Gently pull their hand up in front of their face

Verbally bring their attention to their hand by saying something like “look at your hand…and notice how your vision is starting to change” while you slowly move their hand towards their face.

Continue with verbal patter

Relaxation Technique - Arm Levitation

This induction technique requires that the hypnotist monitor the pace of the suggestions to the response of the subject.

I'm going to count from one up to twenty. As I do, a light, easy, relaxing feeling will move into your right hand and then into your right arm. As I continue counting, that feeling will grow stronger and stronger. Soon you'll feel a slight movement of your fingers, and a twitching of the muscles.

(At this point grasp the subject's arm and demonstrate how it will move as you continue with the following suggestions).

At that point your hand begins to lift. Your arm begins to lift. It continues moving, lifting, and rising up until it comes to rest upon your body.

Now when you feel the movement in your hand and in your arm, do not try to resist. You may resist if you chose to, but that is not why you are here. Just allow your subconscious mind do its work. Now - we are ready to begin.

Number 1 - The first light, easy sensation now moves into your fingertips of your right hand.

Number 2 - The feeling is now spreading around beneath your fingernails.

Number 3 - The feeling is now moving up to the first joint of your fingers.

Number 4 - It's now spreading to the large knuckle across the back of your hand.

Number 5 - the first slight movements begin to take place. You are now noticing slight movements of your fingers and a twitching of the muscles.

Number 6 - The light sensation now spreads all across the back of your hand.

Number 7 - It now spreads over and into your thumb.

Number 8 - It's now moving now all through the palm of your hand.

Number 9 - The sensation now spreads up and into your wrist. Think of your left hand now. You'll see by comparison, your left hand is beginning to feel very, very heavy.

While on Number 10 - your right hand grows lighter and lighter with each

While on Number 10 - your right hand grows lighter and lighter with each number I speak - light as a feather floating in the breeze and even lighter. As light as a helium-filled balloon. Just as a helium-filled balloon will rise and float towards the ceiling, in the same way, by the time I reach the count of twenty, your right hand is moving, lifting, rising and floating.

Number 11 - The light sensation has moved beyond your wrist now, spreading up into your forearm.

Number 12, 13 - Now think of your left hand. Your left hand has grown so heavy, it feels as though it were made of stone.

Number 14 - That sensation is spreading up toward your elbow.

Now on 15 - From your fingertips all the way up to your elbow your hand has grown light, light and free. It's beginning to lift. It's moving, lifting, rising and floating.

(At this point, if the hand is not moving, gently lift the hand to get it started)

All right, 16 - Now your arm is moving up and lifting and rising. And as your arm is lifting, you're going deeper and deeper into hypnosis.

17 - Your hand continues moving, lifting and rising now until it comes to rest over on your body.

18 - Moving, lifting, rising, floating. Right on over now and when your hand comes to rest upon your body, at that time your eyelids will shut tightly. Your

eyelids are so tightly closed at that point, the more you try to open them the tighter they close.

19 - Your hand is getting ready to come down and rest upon your body.

20 - Now your hand has come to rest upon your body and at the same time, your eyelids are locked so tightly closed, the more you try to open your eyelids the tighter they are locking closed.

That's fine, stop trying and go deeper into trance.

Rapid techniques are fun to try and the more you do them, the better you will get and the more confident you will feel.

Chapter-5

How to Secretly Use the Hypnotic Imagination

Using your imagination is really the key to doing hypnosis - because there is no limit to the picture you can paint in someone's mind. If people really knew how powerful their minds really were, they would spend all of their free time imagining and daydreaming rather than worrying!

The more you can make someone see it, feel it and hear it in their mind, the more real the experience will be. One great way to work with someone's imagination is to take steps to figure out which of their senses is their primary sense.

Each of us processes things differently depending on whether or not we sense things in a visual, auditory or a kinesthetic manner. This is also known as VAK.

You can do this easily by having someone picture a lemon in their mind. Try this lemon cutting script - and you will be able to tell quite easily which sense is someone's primary sense. People who can feel the lemon in their hands and people who can feel themselves cutting the lemon on the cutting board probably process in a kinesthetic manner. Those who see the bright yellow color of the

process in a kinesthetic manner. Those who see the bright yellow color of the skin, or the colors of the cabinets or countertop in the kitchen most likely process information visually. Those who taste the lemon's bitterness, enjoy using the sense of taste. Using the auditory sense, someone might even hear the sounds in the kitchen or the humming of the refrigerator.

Lemon Cutting Script

Just close your eyes and practice some deep breathing, counting the breath as you inhale and exhale. Continue breathing and counting until you feel a sense of peace take over.

Now notice the stillness that deep breathing brings. Just continue breathing in and out, in and out and watch the breath as it moves through your body, so peaceful and so calming.

Take a moment to imagine a bright yellow lemon. Notice how fresh it looks. Notice the firmness of the yellow skin and the fragrant aroma. Notice how big or small the lemon is. Now in your mind's eye and in your imagination take yourself to a kitchen. This could be a kitchen from your childhood, a kitchen you are very fond of or it could even be a kitchen you have seen in a magazine.

Take some time in this kitchen and notice any feelings that arise from it. Look around you and see all the familiar things in this kitchen. Feel the warmth of the room, breathe in the wonderful aromas of your favorite food as it cooks and even see the condensation or steam forming on the windows. You may smell bread

baking, see beautiful colors or even find yourself touching a granite countertop or stainless steel appliance. Notice how you perceive this kitchen, whether through sight, sound or touch or some other way like smells or tastes.

Now see yourself standing at the counter in this beautiful kitchen. In front of you is a wooden cutting board and on that cutting board is a beautiful bright plump and juicy lemon. You can see and feel every one of the pores of this lemon. Run your fingers along the surface or hold the lemon and notice what you sense or feel. Study all the features of the lemon and toss the lemon up and down in your hands.

Now notice that beside the cutting board is a large knife. Give yourself permission to pick up the knife. In your mind, see yourself cutting this lemon in half. Watch as the juice runs down and begins to make small puddles of lemon juice on the board. Now take half of this lemon and bring it up to your nose and smell the lovely aroma.

Now imagine you are about to taste this beautiful lemon. What does it taste like as you bring it to your tongue? Is it bitter or sweet? Try seeing and feeling and hearing the sounds that the lemon makes and see which one of these receptors stands out.

Now take this lemon and sink your teeth into it and be aware of the juices - feel them running through your mouth. Slowly move your tongue around the inside of your mouth, and feel what is happening in your mouth. Be aware of anything

you sense or notice.

Take one last look around and notice the good feelings you get when standing in this kitchen. Take back anything you would like to take back with you.

In a moment, I will count from 1 to 3…….and on the count of 3 you will open your eyes feeling refreshed and invigorated.

1……

2…..

3…..

Open your eyes, coming back to the room.

Once you know someone's primary sense, you can use cues in your scripts that help them experience things in their imagination. For example, if someone enjoys the visual sense, you can describe the colors at the beach or the color of the beautiful blue sky. For those kinesthetic processors, they would probably enjoy the feel of the sand in their toes. An auditory processor would most likely hear the sound of the waves or the sound of the breeze.

The more you can fine-tune your work, with someone's primary sense, the better your sessions will be.

Chapter-6

The Secret to Self-Hypnosis

The mind is a powerful storehouse of information, thanks to its 86 billion neurons and hypnosis is nothing more than focused concentration, and it doesn't have to be a complicated process. Hypnosis is a tool that has been around for hundreds if not thousands of years so it is not a fly by night method.

In order to further understand how something like self-hypnosis works, you must first understand how the nervous system works. There are two distinct nervous systems in the human body – the central nervous system and the autonomic nervous system. The central nervous system is the processing center of the nervous system and it utilizes the brain and the spinal cord.

The autonomic nervous system regulates the functions of your internal organs such as the heart, the stomach, and the intensities. The autonomic nervous system has two divisions, the sympathetic and the parasympathetic nervous system.

The sympathetic nervous system controls your ability to respond to emergencies – in other words it is your fight or flight syndrome. The sympathetic nervous system controls your heart rate, your respiration, and even your blood pressure.

This system also releases adrenaline to give you energy if you need it during an emergency. The sympathetic nervous system can also come into play when you are nervous or anxious.

The parasympathetic nervous system creates the opposite response. It slows down the rate of the heart, the blood pressure, and even the respiration. The parasympathetic nervous system restores the body to a state of peace of calm so that the body can conserve energy.

These two systems cannot operate at the same time therefore utilizing hypnosis you can activate the parasympathetic nervous system in order to help the mind and the body to relax. When you are able to relax deeply, you are able to tap into the subconscious mind, where changes are more easily made. Using your imagination, you can create powerful visualizations that reflect the life you want to be living.

Memories

Your brain holds memories, and some of them may be repressed memories. Utilizing a process like self-hypnosis you can access those long lost memories, memories that might be causing you to repeat hurtful emotional patterns.

Unconscious behaviors and unexpressed emotions from repressed memories can actually create uncomfortable patterns in your life. These kinds of patterns may keep reappearing again and again creating difficulties like addictions or other non-productive patterns.

Getting to the root of the problem by accessing these memories can help you face the memory head on and facing the memory allows you to process the memory so that you can learn from it and move on.

Identifying and stepping through old memories can help you further understand why you do some of the things you do. If you experienced an emotional trauma as a child, confronting that repressed memory will help you view the memory from a higher perspective, freeing up your emotional energy so that you can live your life in a more positive manner.

When you relax into hypnosis, you will become drowsy, your eyes will feel heavy and you will feel a delightful sense of relaxation coming over you. This is a natural state many of us experience prior to falling asleep. Self-hypnosis simply allows you to produce that state of mind artificially, prolonging it to your advantage.

If you can relax and follow some simple instructions, you can hypnotise yourself.

In order to practice self-hypnosis it is important to learn how to visualize. Visualization is a very powerful tool and one that can help you supercharge your self-hypnosis sessions. We all visualize in different ways, so don’t get discouraged if you can’t "see" something in your mind.

Each of us sees things from a different perspective. During hypnosis, you may

see, sense or even hear things. Not everyone sees colorful pictures in their mind, and that's OK because if you sense something, or imagine hearing something that's just as valid.

You can visualize in many different ways, so don’t restrict yourself to one mode versus another, just see where your mind takes you.

Visualization is a gentle but powerful technique that focuses and directs the imagination. The only requirement to make visualization work for you is the use of your imagination.

Try this visualization process now:

Find a quiet place to sit or lie down. Start some deep breathing or tense & relax your muscles. Let all your thoughts go by acknowledging them and then releasing them.

Now imagine a beautiful beach. See yourself walking along this beach and sinking your toes into the sand. Feel the cool water and the ocean breeze. See if you can taste the salty sea air. Listen for the sounds of the waves. Look up into the sky and notice the colors. Notice the color of the water. Step into the water, and notice how soothing the water feels.

You can imagine anything. Use all of your senses and see, feel and be there in your mind. Allow it to look like and feel like just the way you want it to, and if it doesn’t happen-just make it up. Whatever you imagine, imagine it with all your senses. Notice how warm or cold it is. Notice what it smells like. Notice how it

feels to your touch. Feel the warmth of the sunshine on your back. Listen for any sounds and notice if they are in rhythm with your breathing. There is no right or wrong way to practice visualization, so don't worry!

Make sure and take time every day to close your eyes and spend a few moments visualizing yourself living the life of your dreams. Visualization is a very powerful tool, especially when you combine it with affirmations.

Eye-Fixation Self-Hypnosis Induction

Practicing on yourself is a great way to perfect your techniques. The more you are able to put yourself into a comfortable state of trance, the better you will be able to describe the process to others. By practicing on yourself, you will also be much more convincing when working with other people. Try this self-hypnosis induction and see how it works on you.

Relax and get comfortable and find a quiet place to sit or lie down. Uncross your arms and your legs. Take a long, slow deep breath, feeling your breath as it enters your body. As you exhale, your body releasing toxins, stress, and negativity.

Now focus your eyes on something above your head, like on a spot on the wall or the ceiling. You are attempting to strain your eyes so try and keep your eyes open and focused upward as long as you can.

As you strain your eyes, slowly count backward from 100 - 1. Once you finally

close your eyes, you will already be in a light level of hypnosis. Don’t worry if you get tired and don’t want to finish counting backward; that's the idea.

As you count backward, allow yourself to drift into a state of deep relaxation.

When you get to the point where you cannot keep your eyes open, close them gently as you let your attention drift.

You may then proceed with your visualization or self-hypnosis session of your choice.

Once you finish your self-hypnosis, tell yourself that the suggestions are firmly embedded into your subconscious mind where they grow stronger and stronger each and every day.

Make sure and visualize yourself 6 months down the road, having already achieved success. Notice how different you are in this new state of mind. This part of the process is very powerful so take a few moments to see yourself resolved of the situation or issue.

When you are finished, simply count yourself up from 1 to 5.

Staircase Induction

Sometimes all you need is a simple counting down induction. Taking yourself down a lovely staircase in your mind is a great relaxation technique. Try this simple counting technique and see how you like it.

Relax and get comfortable and find a quiet place to sit or lie down. Uncross your

arms and your legs. Continue breathing deeply until you feel your energy calming.

Begin by imagining yourself at the top of a beautiful staircase, visualizing one you may have seen at a beautiful house or a museum. Slowly count yourself down at least 5 -10 stairs. Imagine with each step that you become lighter and lighter as you go deeper and deeper. You may also choose to count backward from 100-1, stopping whenever you feel a place of deep relaxation.

As you move down the stairs, feel your feet becoming softer and lighter, as you travel. If you lose the intention to continue going down the stairs, you may either give yourself some positive suggestions or just relax.

Proceed with your self-hypnosis session.

When you are finished, tell yourself that the suggestions are firmly embedded into your subconscious mind where they will grow stronger and stronger each and every day.

Make sure and visualize yourself 6 months down the road, having already achieved your goals. This part of the process is very powerful so take a few moments to see yourself resolved of the situation or issue.

When you are finished, you can take yourself back up the stairway, as you count from 1 to 5

Helpful Tips for Relaxation

There are some simple phrases you can repeat in your mind to help you achieve a light state of trance. Some common ones include:

- The deeper I go the better I feel and the better I feel the deeper I go.
- I allow the soothing sound of my voice to calm and relax me.
- Moment by moment, my mind is becoming as clear as the surface of a calm and quiet lake.
- As I continue to breathe deeply, I become more and more relaxed, more and more at ease.
- I allow my body to become more and more relaxed with each passing moment.
- Every sound that I hear allows me to go deeper and deeper into hypnotic trance.
- It’s easy for me to relax deeply.
- Breathing deeply brings me into a deep state of relaxation.
- I am at peace.
- I am calm and relaxed.
- I easily achieve a very deep state of relaxation.
- Each and every muscle of my body is now relaxing.
- I am now in a deep state of relaxation and going deeper and deeper.

You may either choose to repeat a few of these phrases to help you relax or you may simply choose one phrase, repeating it over and over. Choosing a phrase like "I am at peace" or "I am calm and relaxed" works well too, because it gives

like "I am at peace" or "I am calm and relaxed" works well too, because it gives your mind something to focus on.

Once you are in a deep state of relaxation, just give your mind some positive suggestions that reflect the state of mind you are aiming for. You may also want to use this time to visualize yourself having already achieved your goals.

Deepening scripts

A hypnotic deepener helps you double your relaxation and drift further into trance.

Place of Peace deepening script.

Begin by imagining a place where no one can bother you and no one can find you. You might be lying on a beautiful beach or at some kind of secluded hideaway.

Allow yourself to use all of your senses to enjoy everything around you. Feel the warm air, sense the sand or the ground under you feet and smell the beautiful fragrances.

Notice how beautiful everything is and how relaxed you feel. Just continue breathing deeply and allowing this feeling of relaxation to take over. Imagine what might be around you, like beautiful plants or flowers. Imagine how fresh everything is. Feel the air against your skin and the sun on your face.

Your words are important because words shape your life. What you think about,

you become. You can deliberately create a better life for yourself by changing the way in which you view the world. When writing self-hypnosis scripts, it is important to learn which words to avoid because your mind focuses on whatever you program into it. Try to NOT think about a pink rabbit. Now, what are you thinking about? See what I mean?

Words like: can't, won't, angry, never, pain, etc., have a negative connotation, so they must be avoided. Your subconscious mind is eagerly awaiting your instruction, so be positive at all times. Instead of saying I will never have any pain, you could say: my body supports my efforts to be relaxed and comfortable at all times. Your words create your reality; so in order to change your reality you must first change your words and your self-talk!

A great way to begin any self-hypnosis program is to ask yourself what your goals are, and then prioritize them in order of importance. You have to be careful not to overwhelm the subconscious by trying to tackle too many issues at once. Start with whatever is the most pressing issue for you, and go from there. Remember, your subconscious is very childlike, so overwhelming it will simply shut it down.

Hypnosis is accumulative, so eventually your mind will reach a tipping point where it grabs a hold of the new information using it to manifest a new reality for you.

Your subconscious mind is like a plasma screen TV. Every program you have watched is recorded and played back on the screen, much like every experience

watched is recorded and played back on the screen, much like every experience you have ever had gets recorded in your subconscious. Eventually, some of these images get burnt onto the screen, making it difficult to watch new programs.

Hypnosis purges these old images or thought processes and replaces them with new more up to date images and thought processes, helping you create a better life. Your mind focuses on whatever you program into, it's as simple as that. Focus on the negative, and that is what comes right back to you. Focus on the positive, and great things start to happen much like a self-fulfilling prophecy.

The most important thing you can ask yourself is: the who, what, when, where and why of each situation, so you can turn your limiting beliefs into positive statements. It is important to always keep your statements in the present tense and ensure they are positive. Once you have identified your limiting beliefs, you can then turn them into positive suggestions you can tell your mind while in hypnotic trance. This same process can be used to help improve any area of your life or anything you may be struggling with.

Many of us are trapped in a sea of old beliefs. Your mind could even hold onto something you were told as a child, even if you don't consciously think about it. Hypnosis is an amazing incredible tool that can work miracles. Remember, change can happen very quickly, so be careful what you wish for!

There has been a lot written about a new kind of self-hypnosis process called eyes-wide open self-hypnosis. In this process, you simply read from a script, and as you read you drift into trance, with your eyes wide open.

as you read you drift into trance, with your eyes wide open.

This idea is a great one because it gives you much more flexibility in your self-hypnosis work. Try this eyes-wide open induction, and see what you think!

Self-Hypnosis Read Out Loud Induction

Feeling a sense of privacy and comfort, I allow the soothing sound of my voice to lull me into a sort of hypnotic trance. I will speak softly and slowly, as I go deeper and deeper into this beautiful state of hypnotic trance. My voice and my body are slowing down, as though everything is moving in slow motion. With every word I utter, and every sound I make, I go deeper and deeper into this beautiful state of hypnotic trance.

Moment by moment, my mind is becoming clearer and clearer, as smooth as the surface of a beautiful mountain lake. As my mind clears, I use my imagination to relax even more deeply, as I go deeper and deeper into this wonderful state of relaxation.

As I speak, I imagine myself moving down a wooden walkway that leads to a beautiful beach. I can already hear the sounds of the waves hitting the shore, and I can feel the sea breeze as it tickles my nose, and I take a deep and cleansing breath, which helps me go deeper and deeper into this beautiful relaxation. I feel the sea breeze waft over my body, and I notice the sun as it warms my skin. The sun touches me wherever I have tension and stress, instantly dissolving anything it finds.

This beautiful healing light caresses my body, and allows me to go even deeper into this beautiful sense of relaxation. All of my stress and tension is now dissolving, as I go deeper and deeper. Every time I utter the words, deeper and deeper, I will go into a state of hypnotic trance quicker and quicker. I feel very safe, as I feel myself moving deeper and deeper down, as I begin to count backward from five to one.

Number five, I am feeling very calm and relaxed. Number four, moving down going deeper and deeper down. Number three, by the time I reach the number one, I will be in a very deep state of relaxation, and my mind will be ready to accept the hypnotic suggestions given. Number two, I feel myself descending ever deeper now. Number one, I am in a very deep state of relaxation, and I am ready to make some amazing changes in my life. As I relax on this beautiful beach, I realize that this day has changed me.

Once you reach this point, you may give yourself some positive suggestions or simply relax and drift and dream. If you do not have your suggestions memorized, you can just read them. If you feel like it, you can even close your eyes at this point and allow your mind to go anywhere it wants to go.

When you are finished, tell yourself that the suggestions are now firmly embedded into your subconscious mind where they will grow stronger and stronger each and every day.

Remember to envision yourself 6 months down the road, free of the issue or

condition. Notice how different you are in this new state of mind. This portion of the visualization is very powerful; so take a few moments to see yourself resolved of the situation or condition.

Chapter-7

Conversational Hypnosis

Is it really possible to control someone’s mind without their knowledge? Maybe so. There are many examples of “natural hypnosis” in which someone finds themselves in an altered state without realizing it. Hypnosis is simply focused concentration. Anytime the mind wanders, that is in essence in a state of trance.

Milton Erickson used hypnosis to tell stories and in many ways what he did could be considered conversational hypnosis. His techniques were extremely effective, yet very subtle. Erickson loved using metaphors to tell stories, and he often used the patient's own personal experiences as part of the stories.

The Power of Using Metaphors

Metaphors are basically a way to talk about an experience. Therapeutic metaphors are used as part of therapy, and they can help someone shift their perspective. When Erickson told stories, he planted a seed in the unconscious mind. Stories are a great way to bypass conscious resistance.

An example of a therapeutic metaphor would be telling someone who had a fear of flying about the wonderful joys of flying or a story about a bird floating and drifting in the wind. You can also use physical objects like carrying around a toy soldier to represent strength and bravery or carrying around a small rubber ball

to remind you that you can always bounce back.

Covert hypnosis, sometimes called conversational hypnosis, occurs when someone is not aware they are being hypnotized.

Covert hypnosis, done correctly, is completely undetectable and it can come in handy with those clients who may be resisting the hypnotic process.

Milton Erickson often used something called the confusion induction method, which may have been at the forefront of conversational hypnosis. Erickson's teachings have influenced the practice of hypnosis in a big way. For those clients who may have an issue getting hypnotized, the covert induction may just be the perfect solution.

This kind of hypnotic induction can be built into the process of developing rapport, so it's a great method to learn. Erickson successfully hypnotized his clients during a simple conversation, and he did it with great skill and rapport.

The Key to Using Covert Techniques

Covert techniques are much more subtle and elegant than overt techniques.

One of the keys to using covert hypnosis is language. Once you learn the proper technique you can easily slip in and out of covert mode in your everyday language. Learning these techniques can help increase your influence and motivation. This can in turn go a long way to helping you increase your success rates.

Covert hypnosis uses language and words to get people's attention. Language is used to bypass someone's critical factor. The use of words and language helps stimulate the unconscious mind.

The two "master keys" to learning the secret language of covert hypnosis are flow and association.

Flow and Association

The idea of flow is similar to the concept of a stream encountering obstacles along a mountain path. As long as the path is clear, the stream flows effortlessly. The moment it encounters a rock, the water must change its path.

The unconscious mind is similar in the fact that it often gets sidetracked when the words don't flow. As a result, the mind's critical factor comes into play. As long as you keep the words and the language flowing smoothly, the principle of logic doesn't necessarily have to be followed.

As you become more adept at using language and flow, you can start throwing in hypnotic suggestions, even if they sound "crazy" to the conscious mind. Eventually, you will become so skilled at this process that anything you say sounds reasonable and easily obtained.

This idea is also called "udo logic" meaning the more deeply in trance someone is the less logical the suggestions need to be. The association principle comes into play next because association is the language of the unconscious mind.

The power of association, whether it's in a dream or hypnosis, is immense. When you embed words into a sentence, the concept of association is very powerful.

Four Words of Power

There are many words you can use within conversational hypnosis, but there are four deemed as "power words." These four words are used all the time as part of your regular conversation. When you use them within the guise of conversational hypnosis, they activate the two master keys of flow and association.

The words are: "As", "Because", "And" and "Means."

Utilizing these four words you can actually create unbroken, seamless chains of ideas. With these words, people won't even realize you are linking concepts together. As a result you can speak the language of the unconscious mind, seamlessly associating one idea to the next.

The first obvious way to use the word "And" is within the first command you give someone. When you say "Close your eyes "AND" go into hypnosis" you are linking the term "AND" to hypnosis". In reality, the words don't really have anything to do with one another.

What you are really doing with these words is creating a linguistic bridge. The idea behind the words of power is they allow you to seamlessly connect ideas or themes that aren't normally connected.

Typical Covert Script

A typical script might go something like this:

"You find relaxation an interesting thing because as you relax that relaxation is a natural part of the way you think and behave. Everyone knows how to relax physically. It's interesting that people don't often think about how they relax mentally because when you relax physically you also find yourself relaxing mentally."

"However, the opposite is also true. When you relax mentally, you may find your body relaxing more and more, even without thinking about it. Just because you think about relaxation means you can relax more and more. As you enjoy this relaxation, you continue to relax even more deeply because you really enjoy relaxing."

"Because you are so relaxed, you are enjoying this natural phenomenon and as a result, you relax even more deeply with every word I utter and every breath you take."

As you can see there are many ways to spin this. The more you "ramble" and start using these words, the easier it gets!

Signs That You Have Successfully Hypnotized Someone Using Covert Hypnosis

Now that you know some of the basics of Covert Hypnosis, you might be

wondering how you can tell if it is working? You are looking for noticeable changes in your observations from the moment you begin your covert technique. Some of these changes will include signs of trance like:

- Relaxation.
- Lack of Movement.
- Eyes Fixated On a Point.
- Changes in Breathing Patterns.
- Skin Color Changes.

When someone is relaxed their muscles start to relax as well. Their facial muscles might smooth out for example or their legs and arms might noticeably change. This is where your keen powers of observation come into play.

Lack of movement is another telltale sign. When someone is nervous for example they may tend to twitch or move around a lot. When someone enters a light trance state, their body movements will slow considerably. Their hands will relax, as well as their arms and legs.

If you are talking to someone and playing around with covert techniques, their eyes may become fixated on a point. For example, they may look at a spot on the floor or ceiling or even at some other person. Their eyes may also glaze over slightly or get a sort of fixed look or expression.

Breathing patterns are very important cues as well. Always pay close attention to someone's breathing when first starting hypnosis, because it will be easier to see

changes. If their breathing changes significantly, you will notice. Some people breathe shallower naturally while other don't, so it's important to notice the difference.

Last but not least, is skin color. The blood flows differently when someone is relaxed. They may get a noticeable red flush or it may be the opposite. Everyone's physiology is a little different.

All of these things are important things to observe. The best rule of thumb to follow is to look for any observable changes. Everyone is different. When you first meet with your client make a point to notice things like skin color, breathing patterns, types of movements they display *etc.*

The most important thing to consider when using covert techniques or for that matter any hypnosis technique is the power of observation. Noticing those physiological changes when your client first sits down in comparison with those movements when they are relaxed will help you master the art of covert hypnosis.

Watching for those telltale signs will allow you to read your client's much better. The more relaxed and comfortable your clients are, the more they will accept and embrace change. Use these techniques and remember to always pay attention to your client's body signals. As a result, you will be a much more competent and successful hypnotherapist.

Conclusion

Putting it All Together

In this book you learned some valuable skills that you can you can use every day. Whether or not you are a practicing hypnotherapist or just a novice, these skills will come in handy. As you can see, there is much more to hypnosis than meets the eye.

Hypnosis can be a life-changing skill and it can help you in many ways. Once you learn these simple ways to hypnotise anyone, you will always have the skills you need to help people make amazing changes.

From rapid induction techniques to learning how to use the imagination, there is always something new to learn when it comes to hypnosis.

Practice these skills are your life will start changing today. That is really the secret to hypnosis.

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